

NON GLUTEN

GLUTEN AT WAHACA

We've designed this menu to help you choose dishes based on your sensitivity to The Big G.

OUR KITCHEN POLICY

While we make every possible effort to avoid cross-contamination of ingredients, our kitchen is not a factory production environment and we cannot guarantee your dishes will not have come into contact with a gluten-based product.

If you are at all concerned please notify a manager who will explain our procedures and do anything we can to go the extra mile.

FOR THOSE WITH Milder GLUTEN SENSITIVITY

Some dishes – whilst not containing any gluten in their ingredients – are cooked in our fryers. Whilst our fryers are cleaned and filled with fresh oil regularly, they will have also been used to cook products containing gluten during a service.

Some dishes also contain ingredients that our suppliers cannot guarantee contain no traces of gluten as a result of their production environment.

Dishes marked with a black dot (●) should be avoided by people with coeliac disease or if this level of cross-contamination may affect you.

If the fried element can be removed from the dish on request, it is marked with a blue dot (●).

We don't list everything on the menu so please let us know if you're allergic, intolerant or sensitive to anything, or concerned about cross-contamination. All dishes may contain traces of nuts.

v = vegetarian **vg** = vegan **n** = contains nuts
vg● = vegan option available

● / ● = fried dishes, please see the note above on gluten in our kitchen

PLANET-FRIENDLY FOOD

CARBON LABELS ON OUR MENU

Here is our simple guide to help you make more planet-friendly, low carbon choices.

Ⓒ = **Low carbon impact**

Ⓒ = **Medium carbon impact**

C = **High carbon impact**

We've partnered with experts at Klimato to share the carbon impact of our dishes.

Find out more at: www.wahaca.co.uk/sustainability

PLEASE SEE OUR
NOTE ON GLUTEN
BEFORE PLACING
YOUR ORDER

NIBBLES

Made fresh every day, served with
Gluten Free Tortilla Chips 335kcal **vg**

Smoky Sonoran Hummus

with Toasted Crickets **vg** ● 6.50
Freshly made from roasted vegetables,
chickpeas, guajillo, and herbs, drizzled
with chilli oil 160kcal ©

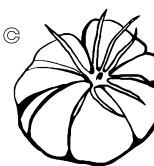
Available without crickets

Guacamole **vg** 6.75

With lime and coriander 222kcal ©
Add toasted chilli oil **vg** 20p 47kcal

Pico de Gallo **vg** ● 5.95

Salsa of finely chopped tomato,
red onion, jalapeño, and fresh herbs 35kcal ©



SMALL PLATES

Order two or three per person

Free Range Pork Pibil Tacos 7.50

Slow-cooked in citrus and spices 276kcal ©

Free Range Chicken & Avocado Tacos 7.75

With ancho rub, tomatillo salsa 348kcal ©

Beef Gringa Tacos 7.95

Slow-cooked British grass-fed beef with
grilled cheese and salsa fresca 347kcal ©

Ancho Mushroom Tacos **v** **vg** ● 6.95

With jalapeño mayo, beetroot crisps
and slaw 248kcal ©

Grilled 'Halloumi Al Pastor' Tacos **v** 7.50

British halloumi style cheese with tomatillo and
pineapple salsas and dressed slaw 418kcal ©

Frijoles Crema **v** **vg** 4.50

Creamy black beans, with crumbled
cheese and crema 135kcal ©

Grilled Tenderstem Broccoli **vg** **n** 5.75

Tossed in garlic herb oil, with toasted
nuts and seeds 91kcal ©

Avocado & Cos Salad **vg** **n** ● 5.50

With mixed beans and herbs, sprinkled
with toasted nuts and seeds 142kcal ©

FOR THOSE WITH Milder GLUTEN SENSITIVITY

Plantain Tacos **v** **vg** ● 6.95

With hibiscus, crema and crumbled
feta 494kcal ©

Sweet Potato & Feta Taquito **v** ● 6.95

With caramelised onion, salsas and chipotle
mayo in a crisp blue corn tortilla 408kcal ©

Zesty Bean & Feta Tostadas **v** **vg** ● 6.25

Chickpeas, borlotti beans and carlin peas
with fresh tomato and habanero salsas 259kcal ©

Roast Potato Esquites **v** ● 6.95

Crispy roasted organic potatoes with
charred corn, topped with jalapeño allioli,
crema and cheese 420kcal ©

Sweet Potato **vg** ● 5.50

Crispy, fried chunks tossed in smoky
caramelised garlic mojo de ajo 310kcal ©

Sweet Potato 'Bravas' **v** ● 6.50

Crisp chunks dressed in jalapeño allioli
with hibiscus salsa 628kcal ©

SHARING PLATES

Large dishes to share between 2 – 4. Served with warm tortillas or rice and beans

Lamb Barbacoa 32.95

Slow-roasted lamb shoulder with jalapeño
crema, hot salsa, and birria broth 1087kcal ©

Chimichurri Cauliflower **vg** **n** 19.95

Roasted and dressed, served with charred
tomato salsa and salsa macha 1023kcal ©

Grilled Whole Achiote Seabass **n** ● 32.95

With charred pineapple salsa
and salsa macha 1121kcal ©

RAINBOW BOWLS

Black beans, green rice, slaw, guacamole,
salsa and pink pickled onions

Free Range Pork Pibil 12.50 657kcal ©

Free Range Chicken 13.50 711kcal ©

FOR THOSE WITH Milder GLUTEN SENSITIVITY

Sweet Potato & Tenderstem Broccoli
Rainbow Bowl **v** **vg** ● 11.50 601kcal ©

DESSERT

Ice Cream Sundae **v** 6.95

Chocolate, salted caramel and vanilla ice cream
with chocolate sauce, dulce de leche, and
honeycomb chunks 362kcal ©